



Christina Abavana, MD
Fellowship trained sleep specialist

Location:

**St. Vincent's Medical Center
Sleep Care Center:**

4 Corporate Drive, Shelton

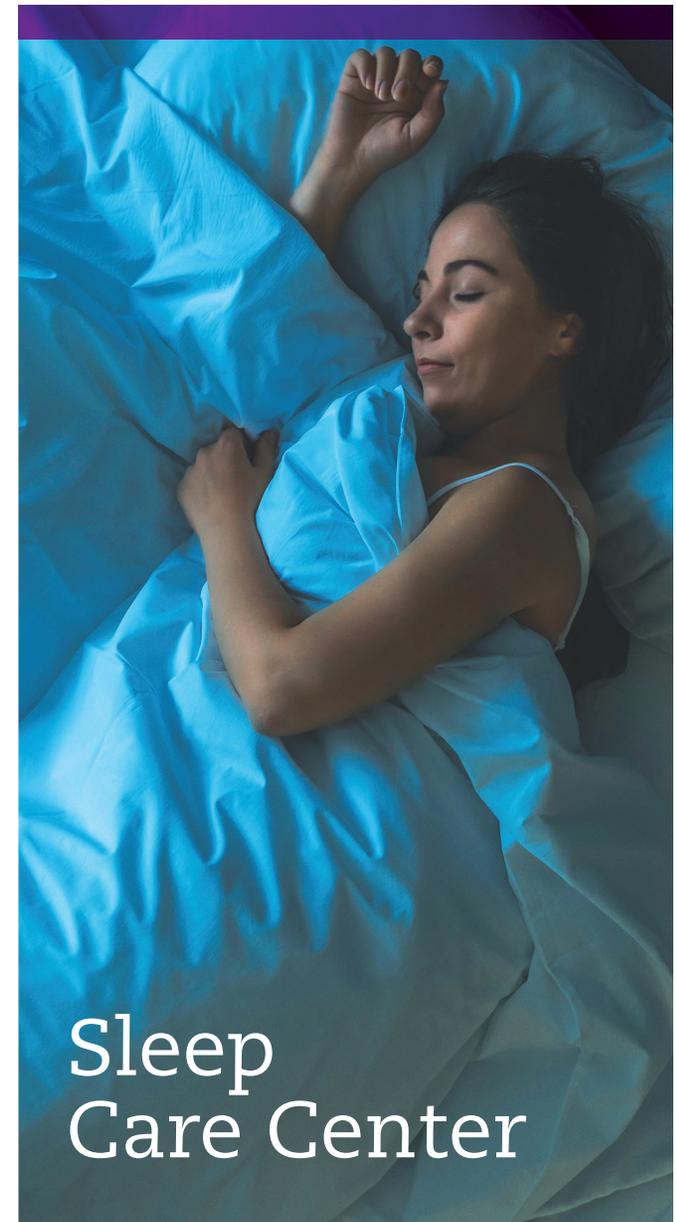
hartfordhealthcare.org/services/sleep-disorders

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Sleep Care Center



Sleep disorders

Nearly 40 million people have sleep problems according to the National Institutes of Health (NIH). It has been estimated that about 4% of men and 2% of women in the general population have Obstructive Sleep Apnea (OSA), with 90% of cases undiagnosed. According to the National Highway Traffic Safety Administration, drowsy drivers cause 100,000 motor vehicle crashes each year with 1,500 fatalities. Sleep deprivation has been documented to affect appetite and metabolism, reducing energy and contributing to weight gain. When left untreated, sleep disorders can lead to increased health risks such as:

- High blood pressure
- Heart disease (heart attack, heart failure, arrhythmias)
- Stroke
- Fatigue-related motor vehicle and work accidents
- Decreased quality of life



St. Vincent's Medical Center Sleep Care Center

Do you have any of the following symptoms?

- Snoring
- Choking or gasping for breath while sleeping
- Feeling tired or fatigued after sleeping
- Nodding off or falling asleep while driving
- Difficulty falling asleep or staying asleep

If you answered yes, you should discuss this with your primary care physician for consideration of a referral to schedule a sleep study at the St. Vincent's Medical Center Sleep Care Center.

What is a sleep study?

A sleep technician will apply sensors that monitor your sleep stage, heart rate, breathing, and oxygen level. This information will allow our sleep specialists to diagnose your sleep disorder and prescribe appropriate treatment.

- Our Sleep Care Center is staffed by professional, specially trained sleep technicians who will make your stay comfortable.
- Your sleeping accommodations will be in a private bedroom with private bathroom and shower.
- Convenient, free parking is available.

Sleep Apnea

Sleep apnea is a common disorder in which your breathing stops or gets very shallow, interrupting your sleep throughout the night. The most common type is obstructive sleep apnea. This results when excess weight or narrowed airways cause the muscles of the throat to collapse, blocking the flow of air. When this happens, the amount of oxygen in your blood may drop and your body tries to regain normal breathing, usually accompanied by gasping, snoring or choking sounds.

Other sleep disorders include:

- Excessive daytime sleepiness
- Narcolepsy (falling asleep at inappropriate times)
- Insomnia
- Parasomnias such as night terrors, sleepwalking, confusional arousal, sleep paralysis and REM Behavioral Disorder
- Restless Leg Syndrome (RLS)
- Periodic Limb Movement Disorder (PLMD)

Sleep evaluations

St. Vincent's Medical Center Sleep Care Center is committed to optimizing patient evaluation and treatment to assure the highest quality of care. The center offers care for adult patients 18 years and older.



For additional information or to schedule a sleep study, please contact:

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